

Thomas L. Hickner
Bay County Executive

Rebecca Carlson Reimann
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Public Service Announcement

Release Period: July 6 - July 31, 2010

Contact Person: Rebecca Carlson Reimann; (989) 895-4100, Ext 6119

Bay County Division on Aging staff wish to remind senior citizens who do not have air conditioning in their home or apartment that the Senior Dining Centers are air conditioned, and individuals over age 60 are welcome to stop in during center hours to get some relief from the unusually hot weather. "Senior citizens are especially vulnerable during periods of extended heat, because they do not always realize that they are becoming over-heated. If they are not moving about, and forget to drink lots of fluids, they are especially at risk of becoming dehydrated," said Rebecca Reimann, Director of Bay County Division on Aging.

The following facilities have air conditioned rooms where seniors can come to escape the heat. Generally the facilities are open between 9:00 and 1:30 p.m. and one facility is open from 10:00 a.m. until 6:00 p.m. four days per week. The locations, days open, and business hours are listed below:

Williams Senior Dining Center
1080 W. Midland Road
Auburn, MI 48611
(989) 662-6521

Open Monday - Thursday
9:00 - 1:00 p.m.

Rainbow Center at the Canteen Building
Bay County Fairgrounds
800 Livingston Ave
Bay City, MI 48708
(989) 892-6605

Open Tuesday - Thursday
9:30 - 1:30 p.m.

Riverside Friendship Center
800 J. F. Kennedy Drive
Bay City, MI 48706
(989) 893-7070

Open Monday - Friday
9:00 - 2:00 p.m.

Kawkawlin Senior Center
1800 E. Parish Rd
Kawkawlin, MI 48631
(989) 686-5127

Open Wednesday and Thursday
9:00 - 12:30 p.m.

Hampton Happy Hearts Center
801 W. Center Road
Essexville, MI 48732
(989) 895-5968

Open Monday - Thursday 10:00 - 6:00 p.m.
Open Fridays from 2:00 - 6:00 p.m.

Meal reservations are not required if the individual just wishes to escape the heat for awhile. The phone numbers are listed, if an individual would like to call a day ahead to reserve a meal. All meals are provided on a suggested contribution basis for any individual age 60 or older. For those not yet 60, there is a guest fee of \$4.75/meal.

For more information or to make a referral for help for any frail senior who may need assistance, contact the Bay County Division on Aging at (989) 895-4100 or toll-free 1-877-229-9960.

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Press Release

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Bay County Division on Aging staff wish to remind senior citizens who do not have air conditioning in their home or apartment that the Senior Dining Centers are air conditioned, and individuals over age 60 are welcome to stop in during center hours to get some relief from the unusually hot weather. "Senior citizens are especially vulnerable during periods of extended heat, because they do not always realize that they are becoming over-heated. If they are not moving about, and forget to drink lots of fluids, they are especially at risk of becoming dehydrated," said Rebecca Reimann, Director of Bay County Division on Aging.

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If a senior wishes to eat at the Center, he or she needs to call one day ahead to make a meal reservation, because the Division on Aging does not cook on-site at all of these locations. Meal reservations are not required if the individual just wishes to escape the heat for awhile. The phone numbers are listed, if an individual would like to call ahead to reserve a meal. All meals are provided on a suggested contribution basis for any individual age 60 or older. For those not yet 60, there is a guest fee of \$4.75/meal.

Other important reminders for older adults during this period of extreme weather include the following:

- 1) Avoid alcohol and caffeinated drinks, which tend to dehydrate your system
- 2) Drink extra glasses of water during periods of hot weather
- 3) Do not complete chores during the hottest part of the day, and stay out of the sun between 10:00 and 3:00 when the rays are most intense.

- 4) Use plenty of sun screen if you must go out in the sun, and re-apply generously if you are out for a period of time.
- 5) Be careful during cloudy days, as the sun's rays can still be very strong. Use sun screen even on a cloudy day to avoid sunburn.

Individuals who have the option of staying with family and/or a friend who has air conditioning are encouraged to do so during periods of extended heat. Homebound senior citizens may contact their case manager at the Division on Aging to discuss their situation if other resources are not readily available. Division on Aging offices are open Monday - Friday, 8:00 - 5:00 p.m. The regular phone number is (989) 895-4100 or toll free 1-877-229-9960.